



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING
LGBT COMMUNITY CENTER
1110 N. MARKET STREET
FOR CURBSIDE PICK-UP
MARCH



MKE LGBT
COMMUNITY CENTER
Be yourself

DINNER PLANS?

WEDNESDAY, MARCH 24th

MENU

Country Ribs
German Potato Salad
Stewed Tomatoes
w/Onions & Peppers
Sesame Bread
Mandarin Oranges
and Pineapple

WHO ANYONE 60, OR OLDER

WHAT DINNER CARRY OUT 3:00 PM

WHEN EVERY FOURTH WEDNESDAY

WHERE MKE LGBT COMMUNITY CENTER

ADDRESS 1110 N. MARKET STREET
SECOND FLOOR

COST \$3.00 SUGGESTED
CONTRIBUTION

RSVP CALL 271-2656 BY NOON
TUESDAY, MARCH 23RD

JOIN US!



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY DEPARTMENT ON AGING
1220 W. VLIT STREET, SUITE 302 MILWAUKEE, WI 53205
COUNTY.MILWAUKEE.GOV/AGING

View Menus Online! Milwaukee County Department on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: (414) 289-6995

canned *Peaches* 5 ways

Grilled Cheese with Peaches

- + Canned peaches
- + Whole grain bread
- + Cheddar cheese (low-fat)
- + Spinach



Peach Cooler

- + Canned peaches
- + Milk (low-fat)
- + Lemon juice
- + Nutmeg



Rise & Shine Cobbler

- + Canned peaches
- + Canned pears
- + Prunes
- + Vanilla extract
- + Orange
- + Granola



Chicken Salad & Peach Sandwich

- + Canned peaches
- + Whole grain bread
- + Cooked chicken
- + Celery stalk
- + Apples
- + Mayo (nonfat)
- + Walnuts



Peach Sauce

- + Canned peaches
- + Cinnamon



Find these peach recipes here:
<https://choosemyplate.gov/5-ways-series>



HEALTH BENEFITS OF PEACHES

- 🍑 Packed w/Nutrients & Anti-Oxidants
- 🍑 Help Maintain Healthy Weight
- 🍑 Improve Digestion
- 🍑 Promote Healing
- 🍑 May Prevent Certain Cancers
- 🍑 Contribute to Healthy Teeth
- 🍑 Boost Immune System
- 🍑 Protect Bone Health
- 🍑 Support Eye Health
- 🍑 May Protect Against Disease

NUTRITION FACTS

Serving size: ½ cup (124g) canned peaches in light syrup, drained

Amount Per Serving

Calories 76 **Calories from Fat** 0

% Daily Value*	
Total Fat .19 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 19 g	6%
Dietary Fiber 1 g	4%
Sugars 13 g	
Protein .69 g	

Vitamin A	12%	Vitamin C	5%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.